































**YWCA IS ON  
A MISSION**

Group Exercise Schedule  
**May 2021**

eliminating racism  
empowering women  
**ywca**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Silver Sneakers</b> 11:00AM - 12:00PM Teresa 	<b>Core/Balance</b> 10:00AM - 11:00AM Liz 	<b>Polynesian Dance</b> 8:30AM - 9:30AM Malia 	<b>Cycling</b> 8:00AM - 9:00AM Ashley *Class Cancelled May 6*	<b>Silver Sneakers</b> 11:00AM - 12:00PM Teresa 
<b>Water Aerobics</b> 11:00AM - 12:00PM Della 	<b>Water Aerobics</b> 11:00AM - 12:00PM Patsy 	<b>Silver Sneakers</b> 11:00AM - 12:00PM Teresa 	<b>Tai Chi</b> 9:00AM - 10:00AM Bill 	<b>Water Aerobics</b> 11:00AM - 12:00PM Liz 
<b>Water Arthritis</b> 12:00PM - 1:00PM Teresa 	<b>Zumba</b> 5:30PM - 6:30PM Emily 	<b>Water Aerobics</b> 11:00AM - 12:00PM Katie 	<b>Core/Balance</b> 10:00AM - 11:00AM Katie 	<b>Water Arthritis</b> 12:00PM - 1:00PM Teresa 
<b>Cardio Step</b> 5:30PM - 6:15PM Charlee	<b>Yoga</b> 5:30PM - 6:30PM Lea 	<b>Water Arthritis</b> 12:00PM - 1:00PM Teresa 	<b>Water Aerobics</b> 11:00AM - 12:00PM Patsy 	
<b>Total Body Tone</b> 6:15PM - 7:00PM Charlee 	<b>Cycling</b> 6:00PM - 7:00PM Ashley *Class Cancelled May 4 & May 25*	<b>CRC Fit</b> 5:30PM - 6:15PM Charlee 	<b>Light Weight</b> 5:30PM - 6:30PM Charlee 	
	<b>Water Aerobics</b> 6:00PM - 7:00PM Zack 	<b>Cardio Core</b> 6:15PM - 7:00PM Charlee 	<b>Yoga</b> 5:30PM - 6:30PM Lea 	<div style="border: 1px solid black; padding: 5px;">           Classes with a             are SilverSneakers            friendly         </div>
<b>YWCA High Point</b> 155 W. Westwood Avenue High Point, NC 27262 336-882-4126			<b>Water Aerobics</b> 6:00PM - 7:00PM Zack 	

-  = APR
-  = Pool
-  = Group Fitness
-  = Meeting Room